

# FREEVENBER



# NOVEMBER



SUN

MON

TUE

WED

THU

FRI

SAT

			1 <b>NO CLASS</b>	2	3 <b>HiYo</b>	4
5	6 <b>HighLow Toning</b>	7	8 <b>TABATA</b>	9	10 <b>NO CLASS</b>	11 VETERANS DAY
12	13 <b>High ⚡ FULL ARM</b>	14	15 <b>HighLow FULL LEG</b>	16	17 <b>YOGA</b>	18
19	20  <b>WORKOUT</b>	21	22	23 THANKSGIVING <b>NO CLASS</b>	24	25
26	27 <b>High ⚡ HiYo</b>	28	29	30		